

Low-Carb Crispy Parmesan Zucchini Fries



Ingredients:

- 2 Medium-sized zucchinis
- 1 Large egg
- ¼ tsp. garlic powder
- ¼ tsp. black pepper
- 1 cup grated Parmesan cheese
- 1 – 2 tsp. of milk (optional)
- Pinch of red pepper(optional)

Directions:

1. Preheat oven to 425° F (220° C)
2. Line a cookie sheet with parchment paper,
3. Wash, peel, and slice zucchini in half lengthwise. Then cut each half of the zucchini into 8 sticks. This should give you 16 sticks for each zucchini.



4. Pat zucchini dry with paper towel, sprinkle with salt, and let sit for about 20 minutes. This will help reduce the excess moisture from the zucchini and they will bake crispier.
5. In a shallow bowl, beat the egg. You can add a tsp or two of milk - if you like
6. On a flat plate, combine the parmesan cheese, garlic powder, black and red pepper. You can add or subtract and spices you wish. (I use a piece of wax paper or a paper plate for this step – less cleanup.)
7. Dip each zucchini stick into the egg. Then, roll in the parmesan cheese mixture until coated and place on the cookie sheet lined with parchment paper.
8. Bake for 20 minutes turning the zucchini over after about 10 minutes.
9. Last step is to turn your oven to broil and cook for about 3 minutes or until golden brown.

Tips: Don't over crowd the zucchini stick on the cookie sheet. If you give them some room to breathe, the zucchini will brown and crisp better.

